

of unnecessary certifications, and in hospitals to more humane and intelligent treatment of patients.

Dr. Sclare (who is attached to the observation wards of Stobhill Hospital, Glasgow, and also to the Psychiatric Clinic and the Lansdowne Clinic, Glasgow) naturally avoids theoretical controversy, but the great theoretical merit of the book is his clear recognition that mental illness may be psychologically caused, and cured by psychological methods—a recognition which dogmatic pathology sometimes refuses. Thus on page 143, in discussing a case of functional paralysis due to emotional conflict, he sums up the common attitude in the words: "As he will not eat, and not walk, and yet he has no physical illness, the boy must be mad, and, therefore, he should be in a mental hospital." Dr. Sclare's comment is that the true diagnosis of such an illness is conversion hysteria, and he adds that when the case cited was approached as a psychological illness, the boy made a rapid recovery.

This example must suffice to show the great value of Dr. Sclare's analysis of cases, the skill with which he avoids undue emphasis on either the physiological or the psychological factor in mental illness, and his refreshing freedom from anti-psychological bias.

HYGIENE. By J. R. Currie, M.A.Oxon., M.D.Glasg., D.P.H.Birm., F.R.C.P.Ed.

First Edition. 1938. Edinburgh: E. & S. Livingstone. Pp. 308, figs. 34.

Price 15s.

This is a valuable book. It is a rarer thing—it is a readable book. In all little over three hundred pages it covers a field ranging from genetics to air-raid precautions. Beginning with a chapter on inheritance, an excellent exposition of those often unintelligible things, dominants, recessives, sex-linked and autosome inheritance (though it comes as a shock to find progressive muscular atrophy mentioned as a dominant), the individual is followed through his "seven ages," with all the environmental factors which play upon him, and especially those enactments by which Government seeks to avert the hazards of existence. The book is not intended for D.P.H. candidates, and the various Acts are dealt with but briefly, yet the important provisions relating to education, factories, and industrial diseases, have been included—and, more important for the average medical man, explained. The practical working of the National Health Insurance Act is much more fully and clearly dealt with than is usual in a textbook of hygiene.

The section on food is well done, and contains much information of practical value, e.g., methods of checking the adequacy of diets.

The usual details of house construction, ventilation, and sewage disposal are given, but in addition there are some really useful notes on lighting, and avoidance of glare, heating, smoke destruction, the hygiene of the swimming bath, and town planning. The section on rehousing is especially good—stress being laid on the importance of not removing persons from slum areas to suburban estates where travelling expenses, dearer food, and higher rents leave so little money for food that the death-rate is actually higher than in the slums.

It is noted in the section on hospital planning that no washbasins need be provided in the bedrooms of nurses' homes. If this be so, what a vast amount of unnecessary expense is being incurred in the erection of all new homes, for the fitted basin has become a standard fixture! But the nurses would not agree with this view!

Infectious diseases are well dealt with. It is curious to read that "aliens suffering from trachoma who seek to enter this country for more than three months residence, are refused leave to land." Why should they be allowed to spread trachoma for three months? The statement that in the treatment of tuberculosis, ultra-violet light may be brought to bear on the lungs, is not in accord with modern practice. It is found that even direct insolation, and, *a fortiori*, ultra-violet treatment, may produce a flare-up of even a latent pulmonary lesion.

These details, however, are mainly matters of opinion and in no way detract from the value of the book, which will continue to be useful to the student after he has passed his examination in hygiene and even when he is a registered practitioner.